

Torrance Community Services Department
YOUNG SENIORS NEWSLETTER

VOLUME XXXVII - NUMBER 4

APRIL 2010

SENIOR DANCE
*Dancing with
the Senior Stars!*

Friday, April 9, 2010

Ken Miller Recreation Center

3341 Torrance Blvd. in Torrance

11:30 a.m. – 2 p.m.

Admission \$5

DJ Ozzie playing
your dance favorites!

* Light refreshments * Door prizes



11th Annual SENIOR FAIRE

Celebrating *Older Americans' Month*:

'Age Strong Live Long!'

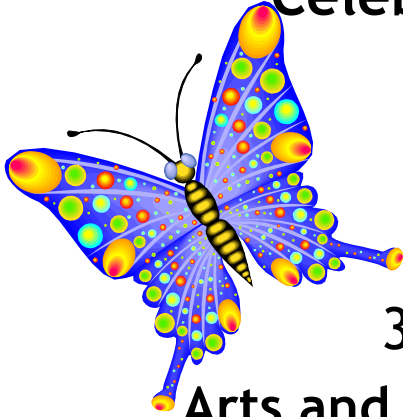
Saturday, May 8, 2010

9:30 a.m. to 2:30 p.m.

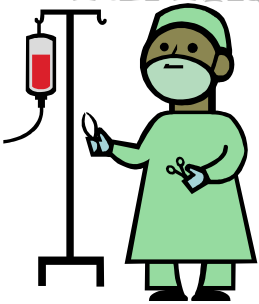
**Ken Miller Recreation Center
3341 Torrance Blvd., Torrance**

**Arts and Crafts * Entertainment * Food Booths
Health Information * Blood Pressure Screenings
Community Resource Information * Door Prizes**

**(Crafts vendors: Look for registration form and
more information on pages 10 & 11!)**



Fun Fridays and the Young at Heart Theatre Group Presents:



M * A * S * H * E * D

4077th Unit

Join the 4077th unit of *M * A * S * H * E * D* as they attempt to perform their own talent show when the USO show gets lost!

The line up includes Private Klinger, Colonel Peter Potter, Roselyn Radar, Chef Wolfgang Green, Dr. Oops-Keforkian, Major Frank Burnz-Out, Marylin Monroe Doctrine, and many more!

Luncheon Menu:

***Meatloaf, M*A*S*H*E*D Potatoes & Gravy,
Peas & Carrots, Dinner Roll, and 38th Parallel Dessert***

Friday, June 18, 2010 at 11:30 a.m.

\$8 per person

Ken Miller Recreation Center ~3341 Torrance Blvd., Torrance

Don't miss this fabulous show!



FREE TAX ASSISTANCE FOR SENIORS!

NEW LOCATION!

**TORRANCE CITY HALL
WEST ANNEX (lower level)
3031 Torrance Blvd.**



The Tax Assistance Program for Senior Citizens aged 60 and over sponsored by AARP began Monday, February 1, 2010, and continues through Thursday, April 15, 2010. Assistance is available Monday through Thursday from 9 a.m. to 2 p.m.

**Please note the following Friday on which Tax Assistance will be closed:
April 9, 2010.**

What to bring with you:

- ✓ All forms, W-2 form, and 1099's
- ✓ Information for all deductions/credits
- ✓ A copy of your tax return from last year (2008)



No appointment is necessary. Walk-ins are welcome.

For more information, please call: 310-618-2724 or 310-618-2930.

Torrance Travelers ***On the go again!***

For tour openings, more information, or to add your name to our mailing list, please call our Tour Information line at 310-618-2468.

Sold Out!

PALM SPRINGS FOLLIES

Wednesday, April 28, 2010

Fee: \$106 per person

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 7 p.m.

TOUR IS FULL – CALL 310-618-2468 FOR WAIT LIST

The Fabulous Palm Springs Follies celebrates happy days with their 19th season titled *Let the Good Times Roll!* They're bringing back the good-time music of the '40s, '50s, and '60 Follies Impresario, Riff Markowitz, is our personal guide through the unique realm that is "Follies Land." He hasn't missed a performance in eighteen years and he isn't likely to start now! Our headliner for our performance (subject to change) will be none other than the *Supreme's* own *Mary Wilson!* For lunch we'll enjoy a delicious sit-down meal at *the Hilton Palm Springs*. On the way home, we'll stop at *Hadley's Fruit Orchard* in Cabazon. This is a terrific tour that's getting rave reviews!



Travelin' News

The *Torrance Travelers* "Wheel of Fortune" trip was great fun! The day began with the viewing of a short film highlighting the glory days of the MGM Studios, which was very nostalgic and brought back a lot of great memories for all! Following the film, the group was guided on a walking tour through the Sony Pictures Studios and had the opportunity to see many locations where television shows and movies are filmed. The tour was followed by a delicious breakfast buffet in the Studio Commissary and then it was on to the "Wheel of Fortune!" The group was able to see a total of three shows being taped, which was a blast! The shows are scheduled to air on May 31, June 1, and June 2, 2010. One participant noted, "This was a great trip! I was so surprised to see how quickly and efficiently the shows were taped." Another *Torrance Traveler* added, "It was fun to walk around the Studios. I really enjoyed the chance to see the Academy Award statues!" All in all, it was a wonderful day with a wonderful group of people!

The Yosemite trip was fantastic. Light snowfall created a winter wonderland to wake up to - followed by a beautiful sunny day for our delicious lunch at the Ahwahnee Hotel and a Valley Floor tour. The Yosemite Falls were nearby and beautiful. Fun for all!!



L. A. ARBORETUM AND NORTON SIMON MUSEUM

Thursday, April 22, 2010

Fee: \$80 per person

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 5:30 p.m.

Occupying the heart of the historic Rancho Santa Anita in Arcadia, the *Los Angeles County Arboretum & Botanic Garden* is a unique 127 acre botanical garden and home to plant collections from all over the world. Upon arrival, we'll board a comfortable tram, which will offer us a front row seat to the beauty and wonder of The Arboretum's collection of over 18,000 plants. Then it's off to lunch at *Buca di Beppo*, where we'll be served a delicious family-style luncheon featuring Caesar Salad, Spaghetti with Marinara Sauce, Chicken Parmigiana, bread and butter, beverage, and dessert. After lunch we'll visit the Norton Simon Museum, home to one of the finest art collections in the country. We'll see works by Monet, Van Gogh, Degas, Raphael, and many others from the Renaissance to the mid-twentieth century. Outside, the garden at the Norton Simon is a living work of art providing tranquil and inspirational surroundings for the Museum and its visitors. Join us on this tour of spectacular gardens, artwork, and great food!

MORRO BAY RAIL 'N SAIL

May 19 & 20, 2010

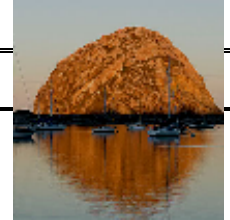
Fee: \$271 per person

LEAVES FROM WILSON PARK on 5/19/10 at 8 a.m.

\$317 per person single

RETURNS on 5/20/10 at approximately 6 p.m.

All aboard for our Rail 'n Sail tour to Morro Bay! Spend some time along the scenic central coast as we explore all that it has to offer – from spectacular ocean views to wine tasting – it's all waiting just for us! We'll ride the rails away from the hustle and bustle of Los Angeles and chug past long stretches of white sandy beaches and lush farmlands. On this overnight adventure, we'll spend the night in the cozy seaside village of Morro Bay. We'll have an opportunity to sip some wine at the *Morro Bay Wine Seller* and enjoy a sunset dinner cruise aboard *Chablis Cruises*. This elegant evening features a gourmet dinner featuring fresh, local ingredients as we sail the calm waters of Morro Bay. After a peaceful night's sleep, we'll awake to breakfast at the hotel before being joined by a local guide for a tour of the area. We'll learn about the coastal community's rich history and natural resources before being treated to a traditional *Santa Maria style BBQ tri-tip* lunch. A drive home down the coast rounds out our exciting Morro Bay Rail 'n Sail!



Sold Out!

SANTA BARBARA SUNSET

Wednesday, June 16, 2010

Fee: \$95 per person

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 8:30 p.m.

All the ingredients of the fabled California lifestyle come together in Santa Barbara. The city has a colorful history, distinctive architecture, a glorious climate, and friendly people; we'll experience it all on this fun tour! We'll spend the morning traveling to Santa Barbara via deluxe motorcoach. Upon arrival, we'll head down to historic *Stearns Wharf*, the oldest operating wharf on the west coast. This landmark offers souvenir shops, wine tasting, and the *Sea Center Marine Life Museum*. We'll have lunch on the wharf at *Moby Dick's Restaurant*, where we'll have our choice of a Turkey Sandwich w/ French Fries; a Sourdough Bread Bowl filled with Clam Chowder; Chef Salad; B.L.T Sandwich w/ Fruit Cup; Fish & Chips; a Garden Burger w/ French Fries; or a Chicken Caesar Salad. All entrees include Apple Pie and coffee or iced tea. After lunch we'll be joined by a local guide as we set out to explore Santa Barbara. Nicknamed the *American Riviera*, this scenic seaside city bears a strong resemblance to the Greek Isles and Spain's Costa del Sol. Rich in history and unparalleled beauty, Santa Barbara is truly a sight to see. Highlights include the *Moreton Bay Fig Tree*, and the *County Courthouse* with its sunken gardens, hand painted ceilings, and murals adorning the walls. We'll also drive past *Mission Santa Barbara*, known as the *Queen of Missions* for its graceful beauty. We'll have some free time to stroll down *State Street* where we'll discover galleries, boutiques, souvenirs shops, and so much more. As the sun begins to fade into the Pacific, we'll climb board Amtrak to relax during our sunset ride home. We'll travel through sleepy beach communities and watch surfers catching one last wave as we make our way home.



CENTERS

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.

TUESDAY	9 a.m. - 4 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	CRAFTS WORKSHOP
WEDNESDAY	9 a.m. - 4 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE - First Wednesday of the month
THURSDAY	9 a.m. - 4 p.m.	CENTER IS OPEN
	9:30 a.m. - 10:30 a.m.	DANCERCISE with Richard Simmons video
	12:30 p.m. - 3 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center
First Wednesday of Each Month at 12:30 p.m.

FEATURED FILM FOR APRIL 7, 2010

Imagine That

Rated PG-13 for some mild language and brief questionable behavior.

FEATURING: Eddie Murphy, Thomas Haden Church, & Ronny Cox.

Movie for May: *Ghosts of Girlfriends Past*

Gentle Fitness

Gentle Fitness uses stretching, self-massage, exercise, and

breathing techniques that are easy, natural, and therapeutic.

It's great for strength, flexibility, and balance. Chair Dancing gives you a full body workout as you move to the beat of the Charleston, the Twist, and much more! It will help lift your spirits and it just feels good!

Wednesdays at 9:30 a.m.

TILLIM SENIOR CITIZENS CENTER

3614 W. ARTESIA BLVD. IN TORRANCE

310-329-1889



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

MONDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$25/Semester
	9 a.m.-11 a.m.	Co-Sponsored by Torrance Older Adult Program	
	9 a.m.-12 noon	Knitting & Crocheting Workshop	
	9:30 a.m.-12:30 p.m.	Wire Wrapping Workshop - first & third Mondays of each month	
	2 p.m.-3:30 p.m.	Lapidary Workshop	
		Senior Exercise	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
TUESDAY	8:05 a.m.-9:35 a.m.	Low Impact Aerobics	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
	9 a.m.-12 noon	Shuffleboard	
WEDNESDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
	9 a.m.-3 p.m.	Beadwork Workshop	
	2 p.m.-3:30 p.m.	Senior Exercise	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
THURSDAY	8:05 a.m.-9:35 a.m.	Low Impact Aerobics	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
	9 a.m.-12 noon	Shuffleboard	
	9 a.m.	Ceramics Workshop	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05 a.m.-9:35 a.m.	"Fitness Difference for Seniors"	Fee: \$25/Semester
		Co-Sponsored by Torrance Older Adult Program	
	9:30 a.m.-11:30 a.m.	Crafts Workshop	
	12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9 a.m.-12 noon	Shuffleboard	
	9 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	"The Swinging, Singing Seniors" Newcomers WELCOME!	
	9:30 a.m.-11 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30 p.m.-4 p.m.	Bartlett Center is Open! Drop on in!	

Special Notes: Legal Advice is available by appointment on the third Tuesday of the month at 1:30 p.m.

HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the third Wednesday of each month.

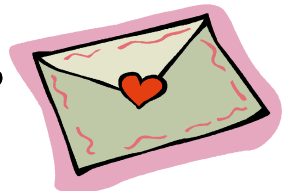
Please call 310-320-5918 to make an appointment.

Torrance Loving Care "TLC" Tuesdays
Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join this new, monthly crafts workshop on Tuesday, April 6, 2010 and create greeting cards for patients in the Veterans Hospital. It's a great way to express our appreciation for our men and women who have served our country. March's cards were sent to the Children's Hospital.

Everyone is welcome!





FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. Fee: \$25/Semester

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Yoga * 1:15 p.m. - 2:45 p.m. Fee: \$25/Semester

Yoga brings together the mind, body, and much more – anyone can do it!

Basic postures and relaxation techniques will be covered. Please bring your own mat.

Classes are offered in cooperation with Torrance Adult School Older Adult Program

and the City of Torrance Community Services Department.

THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



April 1 & 3, 2010

Good Night, and Good Luck

Rated PG for mild thematic elements and brief language.

George Clooney,
David Strathairn,
& Patricia Clarkson

April 8 & 10, 2010

Wit

Rated PG-13 for some thematic material.

Emma Thompson,
Christopher Lloyd,
& Eileen Atkins

April 15 & 17, 2010

Eagle Eye

Rated PG-13 for intense sequences of action and violence, and for language.

Shia LaBeouf,
Billy Bob Thornton,
& Rosario Dawson

April 22 & 24, 2010

Imagine That

Rated PG for some mild language and brief questionable behavior.

Eddie Murphy,
Thomas Haden Church,
& Ronny Cox

April 29, 2010

May 1, 2010

Duplicity

Rated PG-13 for language and some sexual content.

Julia Roberts,
Clive Owen,
& Paul Giamatti

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!



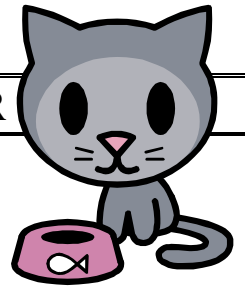
WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!



Join us on Mondays and Thursdays for Pinochle and meet our friendly group of card players! Bring your favorite board game and let's play! How about a hand of Bridge? We have a great Thursday Bridge group and we're always looking for new players to join us! If you're interested, come on down!



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310-543-1583 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are April 2 and June 4, 2010

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The February Tournament was the "Best Two Scores Out of Three" held on Friday, February 26, 2010.

Twenty-one members played in teams of three. Only the best two scores on each hole counted toward the team total. Two-thirds of the combined handicaps were then deducted to reach the final results.

Results of the "Best Two Scores Out of Three Tournament"

First @ 95 net Joe Camarata, Gino Aveni, & John Turner

Second @ 98 net Frank Berry, Helen Anastassiou, & John Holzman

Third @ 98.3 net Bob Reid, Ray Felice, & Ben Ko

☞ FOCAL POINT PROGRAM ☞

The Torrance Focal Point Program provides free information and referral, and links seniors with appropriate services. One goal of the Focal Point Program is to help decrease the frustration of making numerous phone calls or trips to find the right information.

Focal Point is open Monday through Friday from 9 a.m. to 3 p.m.

For more information, call 310-320-1300 or 310-320-5918.



When in doubt, just take the next small step.
~Curmudgeon's Observation